

# XLathlete.com Hockey Advanced Off-Season Strength Training

Eccentric Emphasis Week 1 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Eccentric Prone	3 Sets of 5 with 3-second count on way down	
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	6-Second Count On Way Down  Use Chains or Bands
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Deep Squat Bench Drop	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Hurdle Hop	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
RDL	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Back Extension	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Lying Wall Shakes	2 sets of 30 seconds			
Foam Roller	Quads and I-Band			

Eccentric Emphasis Week 1 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Cuban Press With Figure 8	3 sets of 5	-		
Internal External Shoulder Shock	3 sets of 10 per arm	-		
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	6-Second Count On Way Down  Use Chains or Bands
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Med Ball Pass	10 to 15 lbs	4	Rest only after you finish one set of each highlighted exercise	
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
Clap Push Up	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
Lat Pull Down	0.0	8	2:00	6-Second Count On Way Up
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Overhead Lateral Raise	0.0	10	2:00	
	0.0	10	2:00	
	0.0	10	2:00	
Dual Action Tricep Extension	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
Dual Action Bicep Curls	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			



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Eccentric Emphasis Week 1 - Workout 3				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes	-		
<b>Piston Squat</b>	3 sets of 5 per leg	-		
<b>Overhead Squat</b>	3 sets of 5 with empty bar	<b>Bench Glute Eccentric Lift</b>	3 Sets of 5 with 3-second count on way down	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Back Squat</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Use 25 lb Weight Releasers For 1st Rep
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
<b>Half Rack Back Squat</b>	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
<b>Glute Ham Hyper</b>	No Load	8	2:00	6- Second Count On Way Down
	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
<b>Russian Twist</b>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<b>Band Pull Throughs</b>	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
<b>Recovery</b>	<b>Sets/Reps</b>			
<b>Glute Ham Hang</b>	1 Set of 2:00			
<b>Partner Leg Walks</b>	2 sets per leg			
<b>Foam Roller</b>	Glutes and Hams			

Eccentric Emphasis Week 1 - Workout 4				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<b>Dynamic Warm Up</b>	2-3 Minutes	-		
<b>Chest Band Adduction</b>	3 sets of 5 per arm	-		
<b>Infraspinatus</b>	3 sets of 5	-		
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
<b>Bench Press</b>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Use 15 lb Weight Releasers For 1st Rep
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
<b>Board Bench Press</b>	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
<b>Barbell Bent Over Row</b>	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
<b>Dumbbell Curl To Press</b>	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
<b>Dips</b>	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
-				
<b>Recovery</b>	<b>Sets/Reps</b>			
<b>Isometric Chest Hold</b>	2 sets of 30 seconds			
<b>Partner Stretching</b>	2 sets of 30 seconds each			
<b>Laying Relaxation</b>	2:00			

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Eccentric Emphasis Week 2 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Eccentric Prone	3 Sets of 5 with 3-second count on way down	
<b>Strength Exercises</b>				
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	6-Second Count On Way Down
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Use Chains or Bands
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Deep Squat Bench Drop	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Hurdle Hop	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
RDL	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Back Extension	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<b>Recovery</b>				
Isometric Split	2 sets of 30 seconds per leg			
Lying Wall Shakes	2 sets of 30 seconds			
Foam Roller	Quads and I-Band			

Eccentric Emphasis Week 2 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Cuban Press With Figure 8	3 sets of 5			
Internal External Shoulder Shock	3 sets of 10 per arm			
<b>Strength Exercises</b>				
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	3	3:00	6-Second Count On Way Down
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	Use Chains or Bands
	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Med Ball Pass	10 to 15 lbs	4	Rest only after you finish one set of each highlighted exercise	
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
Clap Push Up	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
Lat Pull Down	0.0	8	2:00	6-Second Count On Way Up
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Overhead Lateral Raise	0.0	10	2:00	6-Second Count On Way Down
	0.0	10	2:00	
	0.0	10	2:00	
Dual Action Tricep Extension	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
Dual Action Bicep Curls	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
<b>Recovery</b>				
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Eccentric Emphasis Week 2 - Workout 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Bench Glute Eccentric Lift	3 Sets of 5 with 3-second count on way down	
<b>Strength Exercises</b>				
<b>Back Squat</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Use 25 lb Weight Releasers For 1st Rep
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	3-Second Count On Way Down
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper	Band	8	2:00	6- Second Count On Way Down
	Band	8	2:00	
	Band	8	2:00	
	Band	8	2:00	
Russian Twist	Choice	10	2:00	
	Choice	10	2:00	
	Choice	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
<b>Recovery</b>				
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Eccentric Emphasis Week 2 - Workout 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Chest Band Adduction	3 sets of 5 per arm			
Infraspinatus	3 sets of 5			
<b>Strength Exercises</b>				
<b>Bench Press</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Use 15 lb Weight Releasers For 1st Rep
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	3-Second Count On Way Down
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Barbell Bent Over Row	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Dumbbell Curl To Press	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
Dips	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
<b>Recovery</b>				
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Eccentric Emphasis Week 3 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Eccentric Prone	3 Sets of 5 with 3-second count on way down	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	6-Second Count On Way Down  Use Chains or Bands
	0.0	3		
	0.0	3		
	0.0	3		
Deep Squat Bench Drop	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Hurdle Hop	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
RDL	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Back Extension	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
-				
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Lying Wall Shakes	2 sets of 30 seconds			
Foam Roller	Quads and I-Band			

Eccentric Emphasis Week 3 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Cuban Press With Figure 8	3 sets of 5			
Internal External Shoulder Shock	3 sets of 10 per arm			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Perform each highlighted set of this exercise with a set of each exercise below	0.0	3	3:00	6-Second Count On Way Down  Use Chains or Bands
	0.0	3		
	0.0	3		
	0.0	3		
Med Ball Pass	10 to 15 lbs	4	Rest only after you finish one set of each highlighted exercise	
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
	10 to 15 lbs	4		
Clap Push Up	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
Lat Pull Down	0.0	6	2:00	6-Second Count On Way Up
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Overhead Lateral Raise	0.0	10	2:00	6-Second Count On Way Down
	0.0	10	2:00	
	0.0	10	2:00	
Dual Action Tricep Extension	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
Dual Action Bicep Curls	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Eccentric Emphasis Week 3 - Workout 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Bench Glute Eccentric Lift	3 Sets of 5 with 3-second count on way down	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Use 25 lb Weight Releasers For 1st Rep
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper	No Load	6	2:00	6- Second Count On Way Down
	No Load	6	2:00	
	No Load	6	2:00	
	No Load	6	2:00	
Russian Twist	Choice	10	2:00	
	Choice	10	2:00	
	Choice	10	2:00	
Band Pull Throughs	Band	10	2:00	
	Band	10	2:00	
	Band	10	2:00	
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Leg Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Eccentric Emphasis Week 3 - Workout 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Chest Band Adduction	3 sets of 5 per arm			
Infraspinatus	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Use 15 lb Weight Releasers For 1st Rep
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Board Bench Press	0.0	3	3:00	Use around 6 inches of thickness
	0.0	3	3:00	
	0.0	3	3:00	
Barbell Bent Over Row	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Dumbbell Curl To Press	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
Dips	Choose	8	2:00	6-Second Count On Way Down
	Choose	8	2:00	
	Choose	8	2:00	
	Choose	8	2:00	
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Isometric Emphasis Week 4 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat With Band	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Isometric Prone	3 Sets of 5 with 3-second hold	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Half Rack Back Squat <small>Hold Isometrically</small>	0.0	1	3:00	Hold Half Squat Isometrically Until Fatigued
	0.0	1		
	0.0	1		
	0.0	1		
Squat Jump Pause <small>3-Second Pause At Bottom</small>	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Back Squat With Pause <small>3-Second Pause At Bottom</small>	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Box Jump	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
RDL	0.0	5	2:00	Pause At Bottom
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Glute Ham Isometric Sit Up Hold	No Load	1 Set To Fatigue	2:00	
	No Load	1 Set To Fatigue	2:00	
	No Load	1 Set To Fatigue	2:00	
Back Extension With Hold	Choose	10	2:00	Pause At Top
	Choose	10	2:00	
	Choose	10	2:00	
Glute Ham Isometric Hold	No Load	4 Sets of :30 or 2 sets of 1:00		Hold Isometrically
-				
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Pull Up Hang	2 sets of 1:00			
Foam Roller	Quads and I-Band			

Isometric Emphasis Week 4 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Cuban Press Incline With Figure 8	3 sets of 5	-		
Extension Flexion Shoulder Shock	3 sets of 10 per arm			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Isometric Chest Hold	No Load	1	3:00	Hold Chest Hold Isometrically Until Fatigued
	No Load	1		
	No Load	1		
	No Load	1		
Clap Push Up	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Bench Press With Pause <small>3-Second Pause At Bottom</small>	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Close Grip Bench Press Throw	0.0	4		
	0.0	4		
	0.0	4		
	0.0	4		
Dynamic Lat Pull Down	0.0	6	2:00	Pause At Top
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Standing Military Press	0.0	6	2:00	Pause At Bottom
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Tricep Extension	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
EZ Bar Bicep Curl	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
Dip Isometric Hold	Choose	4 Sets of :30 or 2 sets of 1:00		Hold Isometrically
Bicep Curl Isometric Hold	Choose	4 Sets of :30 or 2 sets of 1:00		Hold Isometrically
-				
Recovery	Sets/Reps			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Isometric Emphasis Week 4 - Workout 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat With Band	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Bench Glute Isometric Hold	3 Sets of 5 with 3-second hold	
Strength Exercises				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Box Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Pause On Box	0.0	2	3:00	
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper Incline	No Load	8	2:00	Pause At Bottom
	No Load	8	2:00	
	No Load	8	2:00	
	No Load	8	2:00	
Partner Lateral Med Ball Toss	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Zercher Good Morning	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Isometric Squat Hold	No Load	4 Sets of :30 or 2 sets of 1:00		Hold Isometrically At Parallel
Recovery				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Back Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Isometric Emphasis Week 4 - Workout 4					
Warm Up/Prehab	Sets/Reps				
Dynamic Warm Up	2-3 Minutes	-			
Push Up Scapula Shrug	3 sets of 5 per arm	-			
Tea Cup	3 sets of 5	-			
Strength Exercises					
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information	
Bench Press	0.0	5	1:30	Warm Up Sets	
	0.0	3	1:30		
	0.0	1	1:30		
		0.0	2	3:00	Pause At Bottom
		0.0	2	3:00	
		0.0	1	3:00	
		0.0	1	3:00	
		0.0	2	3:00	
Board Bench Press	0.0	3	3:00	Two or three boards depending on your height	
	0.0	3	3:00		
	0.0	3	3:00		
Dumbbell Bent Over Row	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
Straight Bar Bicep Curl	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
EZ Bar Throat Press	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
Isometric Chest Hold	No Load	4 Sets of :30 or 2 sets of 1:00		Hold Isometrically At Parallel	
Prone Dumbbell Hold On Bench	Choose	4 Sets of :30 or 2 sets of 1:00		Hold Isometrically At Parallel	
Recovery					
Recovery	Sets/Reps				
Partner Stretching	2 sets of 30 seconds each				
Laying Relaxation	2:00				



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Isometric Emphasis Week 5 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat With Band	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Isometric Prone	3 Sets of 5 with 3-second hold	
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Half Rack Back Squat Hold Isometrically	0.0	1	3:00	Hold Half Squat Isometrically Until Fatigued
	0.0	1		
	0.0	1		
	0.0	1		
Squat Jump Pause	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
3-Second Pause At Bottom	No Load	4		
	No Load	4		
Back Squat With Pause	0.0	3		
	0.0	3		
	0.0	3		
3-Second Pause At Bottom	0.0	3		
	0.0	3		
Box Jump	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
RDL	0.0	5	2:00	Pause At Bottom
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Glute Ham Isometric Sit Up Hold	No Load	1 Set To Fatigue	2:00	
	No Load	1 Set To Fatigue	2:00	
	No Load	1 Set To Fatigue	2:00	
Back Extension With Hold	Choose	10	2:00	Pause At Top
	Choose	10	2:00	
	Choose	10	2:00	
Glute Ham Isometric Hold	No Load	6 Sets of :30 or 3 sets of 1:00		Hold Isometrically
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Pull Up Hang	2 sets of 1:00			
Foam Roller	Quads and I-Band			

Isometric Emphasis Week 5 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Cuban Press Incline With Figure 8	3 sets of 5	-		
Extension Flexion Shoulder Shock	3 sets of 10 per arm	-		
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Isometric Chest Hold	No Load	1	3:00	Hold Chest Hold Isometrically Until Fatigued
	No Load	1		
	No Load	1		
	No Load	1		
Clap Push Up	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Bench Press With Pause	0.0	3		
	0.0	3		
	0.0	3		
3-Second Pause At Bottom	0.0	3		
	0.0	3		
Close Grip Bench Press Throw	0.0	4		
	0.0	4		
	0.0	4		
	0.0	4		
Dynamic Lat Pull Down	0.0	6	2:00	Pause At Top
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Standing Military Press	0.0	6	2:00	Pause At Bottom
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
EZ Bar Tricep Extension	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
EZ Bar Bicep Curl	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
Dip Isometric Hold	Choose	6 Sets of :30 or 3 sets of 1:00		Hold Isometrically
Bicep Curl Isometric Hold	Choose	6 Sets of :30 or 3 sets of 1:00		Hold Isometrically
Recovery	Sets/Reps			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Isometric Emphasis Week 5 - Workout 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat With Band	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Bench Glute Isometric Hold	3 Sets of 5 with 3-second hold	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Box Squat  Pause On Box	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Chains To These Sets
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Half Rack Back Squat	0.0	3	3:00	Set rack level to half the depth of your regular back squat
	0.0	3	3:00	
	0.0	3	3:00	
Glute Ham Hyper Incline	Band	6	2:00	Pause At Bottom
	Band	6	2:00	
	Band	6	2:00	
	Band	6	2:00	
Partner Lateral Med Ball Toss	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Zercher Good Morning	0.0	8	2:00	
	0.0	8	2:00	
	0.0	8	2:00	
Isometric Squat Hold	No Load	6 Sets of :30 or 3 sets of 1:00		Hold Isometrically At Parallel
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Back Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Isometric Emphasis Week 5 - Workout 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Push Up Scapula Shrug	3 sets of 5 per arm			
Tea Cup	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Pause At Bottom
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Board Bench Press	0.0	3	3:00	Two or three boards depending on your height
	0.0	3	3:00	
	0.0	3	3:00	
Dumbbell Bent Over Row	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Straight Bar Bicep Curl	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
EZ Bar Throat Press	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Isometric Chest Hold	No Load	6 Sets of :30 or 3 sets of 1:00		Hold Isometrically At Parallel
Prone Dumbbell Hold On Bench	Choose	6 Sets of :30 or 3 sets of 1:00		Hold Isometrically At Parallel
-				
Recovery	Sets/Reps			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Isometric Emphasis Week 6 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat With Band	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Isometric Prone	3 Sets of 5 with 3-second hold	
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Half Rack Back Squat <i>Hold Isometrically</i>	0.0	1	3:00	Hold Half Squat Isometrically Until Fatigued
	0.0	1		
	0.0	1		
	0.0	1		
Squat Jump Pause <small>3-Second Pause At Bottom</small>	No Load	4	Rest only after you finish one set of each highlighted exercise	
	No Load	4		
	No Load	4		
	No Load	4		
Back Squat With Pause <small>3-Second Pause At Bottom</small>	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Box Jump	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
RDL	0.0	4	2:00	Pause At Bottom
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
Glute Ham Isometric Sit Up Hold	No Load	1 Set To Fatigue	2:00	
	No Load	1 Set To Fatigue	2:00	
	No Load	1 Set To Fatigue	2:00	
Back Extension With Hold	Choose	10	2:00	Pause At Top
	Choose	10	2:00	
	Choose	10	2:00	
Glute Ham Isometric Hold	No Load	4 Sets of 1:00 or 2 Sets of 2:00		Hold Isometrically
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Pull Up Hang	2 sets of 1:00			
Foam Roller	Quads and I-Band			

Isometric Emphasis Week 6 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Cuban Press Incline With Figure 8	3 sets of 5			
Extension Flexion Shoulder Shock	3 sets of 10 per arm			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Isometric Chest Hold	No Load	1	3:00	Hold Chest Hold Isometrically Until Fatigued
	No Load	1		
	No Load	1		
	No Load	1		
Clap Push Up	No Load	3	Rest only after you finish one set of each highlighted exercise	
	No Load	3		
	No Load	3		
	No Load	3		
Bench Press With Pause <small>3-Second Pause At Bottom</small>	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Close Grip Bench Press Throw	0.0	3		
	0.0	3		
	0.0	3		
	0.0	3		
Dynamic Lat Pull Down	0.0	5	2:00	Pause At Top
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Standing Military Press	0.0	5	2:00	Pause At Bottom
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
EZ Bar Tricep Extension	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
EZ Bar Bicep Curl	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
Dip Isometric Hold	Choose	4 Sets of 1:00 or 2 Sets of 2:00		Hold Isometrically
Bicep Curl Isometric Hold	Choose	4 Sets of 1:00 or 2 Sets of 2:00		Hold Isometrically
Recovery	Sets/Reps			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Isometric Emphasis Week 6 - Workout 3					
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>				
<b>Dynamic Warm Up</b>	2-3 Minutes	-			
<b>Piston Squat With Band</b>	3 sets of 5 per leg	-			
<b>Overhead Squat</b>	3 sets of 5 with empty bar	<b>Bench Glute Isometric Hold</b>	3 Sets of 5 with 3-second hold		
-					
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information	
<b>Back Box Squat</b>	0.0	5	1:30	Warm Up Sets	
	0.0	3	1:30		
	0.0	1	1:30		
	Pause On Box	0.0	2	3:00	Add Bands To These Sets
		0.0	2	3:00	
		0.0	1	3:00	
		0.0	1	3:00	
<b>Half Rack Back Squat</b>	0.0	3	3:00	Set rack level to half the depth of your regular back squat	
	0.0	3	3:00		
	0.0	3	3:00		
<b>Glute Ham Hyper Incline</b>	Band	6	2:00	Pause At Bottom	
	Band	6	2:00		
	Band	6	2:00		
	Band	6	2:00		
<b>Partner Lateral Med Ball Toss</b>	Choose	10	2:00		
	Choose	10	2:00		
	Choose	10	2:00		
<b>Zercher Good Morning</b>	0.0	8	2:00		
	0.0	8	2:00		
	0.0	8	2:00		
<b>Isometric Squat Hold</b>	No Load	4 Sets of 1:00 or 2 Sets of 2:00		Hold Isometrically At Parallel	
-					
<b>Recovery</b>	<b>Sets/Reps</b>				
<b>Glute Ham Hang</b>	1 Set of 2:00				
<b>Partner Back Walks</b>	2 sets per leg				
<b>Foam Roller</b>	Glutes and Hams				

Isometric Emphasis Week 6 - Workout 4					
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>				
<b>Dynamic Warm Up</b>	2-3 Minutes	-			
<b>Push Up Scapula Shrug</b>	3 sets of 5 per arm	-			
<b>Tea Cup</b>	3 sets of 5	-			
-					
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information	
<b>Bench Press</b>	0.0	5	1:30	Warm Up Sets	
	0.0	3	1:30		
	0.0	1	1:30		
	-	0.0	2	3:00	Pause At Bottom
		0.0	2	3:00	
		0.0	1	3:00	
		0.0	1	3:00	
<b>Board Bench Press</b>	0.0	3	3:00	Two or three boards depending on your height	
	0.0	3	3:00		
	0.0	3	3:00		
<b>Dumbbell Bent Over Row</b>	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
<b>Straight Bar Bicep Curl</b>	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
<b>EZ Bar Throat Press</b>	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
	0.0	5	2:00		
<b>Isometric Chest Hold</b>	No Load	4 Sets of 1:00 or 2 Sets of 2:00		Hold Isometrically At Parallel	
<b>Prone Dumbbell Hold On Bench</b>	Choose	4 Sets of 1:00 or 2 Sets of 2:00		Hold Isometrically At Parallel	
-					
<b>Recovery</b>	<b>Sets/Reps</b>				
<b>Partner Stretching</b>	2 sets of 30 seconds each				
<b>Laying Relaxation</b>	2:00				

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Concentric/Reactive Emphasis Week 7 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat With Band	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Oscillatory Prone	3 Sets of 10 oscillations	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Use 25 lb Weight Releasers For Reps 1 and 3	0.0	2+2	4:00	Use cluster sets with 15 seconds rest in between  (Rep 1, Rep 2) rest (Rep 3, Rep 4)
	0.0	2+2		
	0.0	2+2		
	0.0	2+2		
	0.0	2+2		
Squat Jump With Weight	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
Hurdle Hop	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
Accelerated Band Squat Jump	Band	4		
	Band	4		
	Band	4		
	Band	4		
RDL Olympic Style	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
Incline Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Back Extension With Twist	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Partner Squat Oscillatory	Partner	2 Sets of 10 Oscillations	2:00	Small Range of Motion Near Parallel
-				
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Pull Up Hang	2 sets of 1:00			
Foam Roller	Quads and I-Band			

Concentric/Reactive Emphasis Week 7 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Cuban Press Incline With Figure 8	3 sets of 5			
Extension Flexion Shoulder Shock	3 sets of 10 per arm			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Use 15 lb Weight Releasers For Reps 1 and 3	0.0	2+2	4:00	Use cluster sets with 15 seconds rest in between  (Rep 1, Rep 2) rest (Rep 3, Rep 4)
	0.0	2+2		
	0.0	2+2		
	0.0	2+2		
	0.0	2+2		
Close Grip Bench Press Throw	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
Clap Push Up	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
Accelerated Band Push Up	Band	3		Wrap bands around shoulders and chest, attach to a rack above, and perform push ups
	Band	3		
	Band	3		
	Band	3		
Dynamic Lat Pull Down	0.0	6	2:00	Make EXPLOSIVE
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Push Press	0.0	5	2:00	Make EXPLOSIVE
	0.0	5	2:00	
	0.0	5	2:00	
	0.0	5	2:00	
Dual-Action Tricep Band Extension	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Dual-Action Bicep Curls	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Extended Oscillatory Push Up	No Load	2 Sets of 10 Oscillations	2:00	Small and Fast Range of Motion
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

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Concentric/Reactive Emphasis Week 7 - Workout 3				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes	-		
<a href="#">Piston Squat With Band</a>	3 sets of 5 per leg	-		
<a href="#">Overhead Squat</a>	3 sets of 5 with empty bar	<a href="#">Oscillatory Bench Glute Lifts</a>	3 Sets of 10 oscillations	
-				
<b>Strength Exercises</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
<a href="#">Back Squat With Chains</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Chains To These Sets Make Explosive!
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
<a href="#">Half Rack Back Squat</a>	0.0	2	3:00	Set rack level to half the depth of your regular back squat
	0.0	2	3:00	
	0.0	2	3:00	
<a href="#">Glute Ham Hyper With Weight</a>	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
<a href="#">Partner Lateral Med Ball Toss</a>	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
<a href="#">Zercher Good Morning</a>	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
<a href="#">Oscillatory Single Leg Squat</a>	No Load	2 Sets of 10 Oscillations Each	2:00	Small Range of Motion Near Parallel
-				
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Glute Ham Hang</a>	1 Set of 2:00			
<a href="#">Partner Back Walks</a>	2 sets per leg			
<a href="#">Foam Roller</a>	Glutes and Hams			

Concentric/Reactive Emphasis Week 7 - Workout 4				
<b>Warm Up/Prehab</b>	<b>Sets/Reps</b>			
<a href="#">Dynamic Warm Up</a>	2-3 Minutes	-		
<a href="#">Push Up Scapula Shrug</a>	3 sets of 5 per arm	-		
<a href="#">Tea Cup</a>	3 sets of 5			
-				
<b>Strength Exercises</b>	<b>Weight</b>	<b>Reps Per Set</b>	<b>Rest After Set</b>	<b>Information</b>
<a href="#">Bench Press With Chains</a>	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Chains To These Sets Make Explosive!
	0.0	2	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	2	3:00	
<a href="#">Board Bench Press</a>	0.0	2	3:00	Use around 6 inches of thickness
	0.0	2	3:00	
	0.0	2	3:00	
<a href="#">Dual Action Dumbbell Rows</a>	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
<a href="#">Band Tricep Extension</a>	Band	8	2:00	Make EXPLOSIVE
	Band	8	2:00	
	Band	8	2:00	
<a href="#">Bicep Curl Shock</a>	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
<a href="#">Oscillatory Box Push Up</a>	No Load	2 Sets of 10 Oscillations Each	2:00	Small Range of Motion Near Parallel
-				
<b>Recovery</b>	<b>Sets/Reps</b>			
<a href="#">Isometric Chest Hold</a>	2 sets of 30 seconds			
<a href="#">Partner Stretching</a>	2 sets of 30 seconds each			
<a href="#">Laying Relaxation</a>	2:00			

# XLathlete.com Hockey Advanced Off-Season Strength Training

Concentric/Reactive Emphasis Week 8 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat With Band	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Oscillatory Prone	3 Sets of 10 oscillations	
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Use 25 lb Weight Releasers For Reps 1 and 3	0.0	2+2	4:00	Use cluster sets with 15 seconds rest in between  (Rep 1, Rep 2) rest (Rep 3, Rep 4)
	0.0	2+2		
	0.0	2+2		
	0.0	2+2		
Squat Jump With Weight	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
Hurdle Hop	No Load	4		
	No Load	4		
	No Load	4		
Accclerated Band Squat Jump	Band	4		
	Band	4		
	Band	4		
RDL Olympic Style	0.0	4	2:00	
	0.0	4	2:00	
	0.0	4	2:00	
Incline Overhead Sit Up	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Back Extension With Twist	Choose	10	2:00	
	Choose	10	2:00	
Partner Squat Oscillatory	Partner	3 Sets of 10 Oscillations	2:00	Small Range of Motion Near Parallel
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Pull Up Hang	2 sets of 1:00			
Foam Roller	Quads and I-Band			

Concentric/Reactive Emphasis Week 8 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Cuban Press Incline With Figure 8	3 sets of 5			
Extension Flexion Shoulder Shock	3 sets of 10 per arm			
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Use 15 lb Weight Releasers For Reps 1 and 3	0.0	2+2	4:00	Use cluster sets with 15 seconds rest in between  (Rep 1, Rep 2) rest (Rep 3, Rep 4)
	0.0	2+2		
	0.0	2+2		
	0.0	2+2		
Close Grip Bench Press Throw	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
Clap Push Up	No Load	3		
	No Load	3		
	No Load	3		
Accclerated Band Push Up	Band	3		Wrap bands around shoulders and chest, attach to a rack above, and perform push ups
	Band	3		
	Band	3		
Dynamic Lat Pull Down	0.0	5	2:00	Make EXPLOSIVE
	0.0	5	2:00	
	0.0	5	2:00	
Push Press	0.0	5	2:00	Make EXPLOSIVE
	0.0	5	2:00	
	0.0	5	2:00	
Dual-Action Tricep Band Extension	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Dual-Action Bicep Curls	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Extended Oscillatory Push Up	No Load	3 Sets of 10 Oscillations	2:00	Small and Fast Range of Motion
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Advanced Off-Season Strength Training

Concentric/Reactive Emphasis Week 8 - Workout 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Piston Squat With Band	3 sets of 5 per leg			
Overhead Squat	3 sets of 5 with empty bar	Oscillatory Bench Glute Lifts	3 Sets of 10 oscillations	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat With Bands	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Bands To These Sets
	0.0	1	3:00	Push Hard On Way Up!
	0.0	1	3:00	
	0.0	2	3:00	
	Half Rack Back Squat	0.0	2	3:00
0.0		2	3:00	
0.0		2	3:00	
Glute Ham Hyper With Weight	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Partner Lateral Med Ball Toss	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Zercher Good Morning	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Oscillatory Single Leg Squat	No Load	3 Sets of 10 Oscillations Each	2:00	Small Range of Motion Near Parallel
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Back Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Concentric/Reactive Emphasis Week 8 - Workout 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes			
Push Up Scapula Shrug	3 sets of 5 per arm			
Tea Cup	3 sets of 5			
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press With Chains	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Bands To These Sets
	0.0	1	3:00	Push Hard On Way Up!
	0.0	1	3:00	
	0.0	2	3:00	
	Board Bench Press	0.0	2	3:00
0.0		2	3:00	
0.0		2	3:00	
Dual Action Dumbbell Rows	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
Band Tricep Extension	Band	8	2:00	Make EXPLOSIVE
	Band	8	2:00	
	Band	8	2:00	
Bicep Curl Shock	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
Oscillatory Box Push Up	No Load	3 Sets of 10 Oscillations Each	2:00	Small Range of Motion Near Parallel
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			



# XLAthlete.com Hockey Advanced Off-Season Strength Training

Concentric/Reactive Emphasis Week 9 - Workout 1				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat With Band	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Hip Flexor Oscillatory Prone	3 Sets of 10 oscillations	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Use 25 lb Weight Releasers For Reps 1 and 3	0.0	2+1	4:00	Use cluster sets with 15 seconds rest in between  (Rep 1, Rep 2) rest (Rep 3)
	0.0	2+1		
	0.0	2+1		
	0.0	2+1		
	0.0	2+1		
Squat Jump With Weight	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
Hurdle Hop	No Load	4		
	No Load	4		
	No Load	4		
	No Load	4		
Accclerated Band Squat Jump	Band	4		
	Band	4		
	Band	4		
	Band	4		
RDL Olympic Style	0.0	3	2:00	
	0.0	3		
	0.0	3		
	0.0	3		
Incline Overhead Sit Up	Choose	10	2:00	
	Choose	10		
	Choose	10		
Back Extension With Twist	Choose	10	2:00	
	Choose	10		
	Choose	10		
Partner Squat Oscillatory	Partner	3 Sets of 10 Oscillations	2:00	Small Range of Motion Near Parallel
-				
Recovery	Sets/Reps			
Isometric Split	2 sets of 30 seconds per leg			
Pull Up Hang	2 sets of 1:00			
Foam Roller	Quads and I-Band			

Concentric/Reactive Emphasis Week 9 - Workout 2				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Cuban Press Incline With Figure 8	3 sets of 5	-		
Extension Flexion Shoulder Shock	3 sets of 10 per arm	-		
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
Use 15 lb Weight Releasers For Reps 1 and 3	0.0	2+1	4:00	Use cluster sets with 15 seconds rest in between  (Rep 1, Rep 2) rest (Rep 3)
	0.0	2+1		
	0.0	2+1		
	0.0	2+1		
	0.0	2+1		
Close Grip Bench Press Throw	0.0	3	Rest only after you finish one set of each highlighted exercise	
	0.0	3		
	0.0	3		
Clap Push Up	No Load	3		
	No Load	3		
	No Load	3		
	No Load	3		
Accclerated Band Push Up	Band	3		Wrap bands around shoulders and chest, attach to a rack above, and perform push ups
	Band	3		
	Band	3		
	Band	3		
Dynamic Lat Pull Down	0.0	5	2:00	Make EXPLOSIVE
	0.0	5		
	0.0	5		
	0.0	5		
Push Press	0.0	5	2:00	Make EXPLOSIVE
	0.0	5		
	0.0	5		
	0.0	5		
Dual-Action Tricep Band Extension	Choose	6	2:00	
	Choose	6		
	Choose	6		
Dual-Action Bicep Curls	Choose	6	2:00	
	Choose	6		
	Choose	6		
Extended Oscillatory Push Up	No Load	3 Sets of 10 Oscillations	2:00	Small and Fast Range of Motion
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

# XLAthlete.com Hockey Advanced Off-Season Strength Training

Concentric/Reactive Emphasis Week 9 - Workout 3				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Piston Squat With Band	3 sets of 5 per leg	-		
Overhead Squat	3 sets of 5 with empty bar	Oscillatory Bench Glute Lifts	3 Sets of 10 oscillations	
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Back Squat With Bands	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Bands To These Sets Push Hard On Way Up!
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Half Rack Back Squat	0.0	2	3:00	Set rack level to half the depth of your regular back squat
	0.0	2	3:00	
	0.0	2	3:00	
Glute Ham Hyper With Weight	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
	Choose	6	2:00	
Partner Lateral Med Ball Toss	Choose	10	2:00	
	Choose	10	2:00	
	Choose	10	2:00	
Zercher Good Morning	0.0	6	2:00	
	0.0	6	2:00	
	0.0	6	2:00	
Oscillatory Single Leg Squat	No Load	3 Sets of 10 Oscillations Each	2:00	Small Range of Motion Near Parallel
-				
Recovery	Sets/Reps			
Glute Ham Hang	1 Set of 2:00			
Partner Back Walks	2 sets per leg			
Foam Roller	Glutes and Hams			

Concentric/Reactive Emphasis Week 9 - Workout 4				
Warm Up/Prehab	Sets/Reps			
Dynamic Warm Up	2-3 Minutes	-		
Push Up Scapula Shrug	3 sets of 5 per arm	-		
Tea Cup	3 sets of 5	-		
-				
Strength Exercises	Weight	Reps Per Set	Rest After Set	Information
Bench Press With Chains	0.0	5	1:30	Warm Up Sets
	0.0	3	1:30	
	0.0	1	1:30	
	0.0	2	3:00	Add Bands To These Sets Push Hard On Way Up!
	0.0	1	3:00	
	0.0	1	3:00	
	0.0	1	3:00	
Board Bench Press	0.0	2	3:00	Use around 6 inches of thickness
	0.0	2	3:00	
	0.0	2	3:00	
	0.0	2	3:00	
Dual Action Dumbbell Rows	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
	Choose	5	2:00	
Band Tricep Extension	Band	8	2:00	Make EXPLOSIVE
	Band	8	2:00	
	Band	8	2:00	
Bicep Curl Shock	0.0	8	2:00	Make EXPLOSIVE
	0.0	8	2:00	
	0.0	8	2:00	
Oscillatory Box Push Up	No Load	3 Sets of 10 Oscillations Each	2:00	Small Range of Motion Near Parallel
-				
Recovery	Sets/Reps			
Isometric Chest Hold	2 sets of 30 seconds			
Partner Stretching	2 sets of 30 seconds each			
Laying Relaxation	2:00			

Program Designed by Jonathon Janz & Cal Dietz